



# Quick Char Siu Beef & Pork Noodle Stir-Fry

with Crushed Peanuts

KID FRIENDLY

Grab your meal kit with this number

12



Carrot



Courgette



Garlic



Spring Onion



Lemon



Char Siu Paste



Oyster Sauce



Shredded Cabbage Mix



Egg Noodles



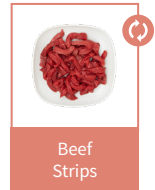
Beef & Pork Mince



Ginger Paste



Crushed Peanuts



Beef Strips



Beef & Pork Mince

Prep in: 15-25 mins  
Ready in: 25-35 mins

Time to get saucy tonight. Not only is this beef and pork mince udon bowl chock-full of colour, flavour and texture, it comes together in four simple steps, so you'll be slurping away in no time.

### Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Large frying pan · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
courgette	1	2
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
lemon	½	1
char siu paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	¼ cup
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
shredded cabbage mix	1 medium packet	1 large packet
egg noodles	1 packet	2 packets
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
crushed peanuts	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3288kJ (786Cal)	566kJ (135Cal)
Protein (g)	42g	7.2g
Fat, total (g)	28g	4.8g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	88.6g	15.2g
- sugars (g)	30.2g	5.2g
Sodium (mg)	3307mg	569mg
Dietary Fibre (g)	13.4g	2.3g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



## Get prepped

- Boil the kettle.
- Thinly slice **carrot** and **courgette** into half-moons. Finely chop **garlic**. Roughly chop **spring onion**. Slice **lemon** into wedges.
- In a small bowl, combine **char siu paste**, **oyster sauce**, the **soy sauce**, **vinegar**, a squeeze of **lemon juice** and a dash of **water**. Set aside.

**Little cooks:** Take charge by combining the sauces!



## Bring it all together

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef & pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Drain away excess **liquid** from the pan.
- Add **garlic**, **ginger paste** and **spring onion** and cook until fragrant, **1-2 minutes**.
- Add **cooked veggies**, **egg noodles** and **char siu sauce mixture** and simmer until combined, **1-2 minutes**.

### CUSTOM OPTIONS



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



#### DOUBLE BEEF & PORK MINCE

Follow method above, cooking in batches if necessary.



## Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **courgette** until softened, **4-5 minutes**.
- Add **shredded cabbage mix** and cook until softened, **2-3 minutes**. Transfer to a bowl.
- Meanwhile, half-fill a medium saucepan with boiling water. Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.



## Serve up

- Divide char siu beef and pork noodle stir-fry between bowls.
- Top with **crushed peanuts**. Serve with any remaining lemon wedges. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the crushed peanuts!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

